



🔍 **How To Cook 3 ★ Tomato Sauce For Pizza**

**eDitorial work N°22
by L.Guidali N°22
ETOILE**

(You can watch this recipe in video on eManation) *Let's go !*

💡 HOW ?

🔥 **ACTION ONE (4XP)** (Preparation and Cooking) : Preparation and cooking of the sauce

🏃 **Step 1 (1XP)** (Page 7)

🏃 **Step 2 (3XP)** (You can use powdered garlic and basil dry) (Stir the sauce regularly) (Page 10)

⚠️ Remove the garlic clove before filling the pizzas

⚠️ Think of putting the sauce at low temperature

🏆 **Difficulty : Very Easy (Level 1)**

🎓 **Skills : No special skills**

👑 **Senses :** 👁️ Vision 🖐️ To Touch 🦸 Proprioception 🧘 Equilibrioception 📌 Smell 🔥 Thermoception 🗑️ Taste


⚡ **Intelligences :** 🏃 Kinesthetic Body Intelligence

📊 Intelligence Logic Mathematics

💡 Imagination

Tools :

 A pan

 A wooden spoon (Wood is not necessarily required)

 A lid

Ingredients (Recipe) : 3 Pizzas



 Olive Oil  (0,09L) (9g) (🔴 81 Calories)

 Tomato Concentrate  (4g) (🔴 3 Calories) #Optional

 Garlic  (A Clove) (6g) (🔴 6 Calories)

 Tomato Sauce [Luisa, Italian Peeled Tomatoes in Tomato Juice]  (0,800L) (🔴 134 Calories) (You can use fresh tomatoes instead)

 Basil  (4 Leaves) (🔴 8 Calories)

 Oregano  (4g) (🔴 10 Calories)

 Pepper  (1g) (🔴 3 Calories)

 Salt  (3g) (🔴 0 Calories)

⚠ Mix the pepper, the salt ... etc According to your taste

⚠ Chop basil and oregano if it's not the case

⚠ Consider nutrient intake of ingredients and of calories.

⚠ Do not hesitate to convert the units of measurements indicated in the description.
If you are using other units of measurement.

⚠ The indications in the description are not all exhaustive and are not all a standard.
Many items may vary depending on each.

⚠ The ingredients and tools are not a standard.
Make according to your taste and the means that you have at disposal.

📋 WHAT ?

🔪 How to Cook {3} Step by Step

⭐ : Tomato Sauce For Pizza

🌟 : Sauce for Pizza

🌌 : Sauce Galaxy

✨ : Cooking Universe (🍳)

📖 Type : Cooking a sauce

🎨 Style : Cook a Tomato Sauce for Pizza

🌐 Language : 🌍 International (🇬🇧 description and steps in English, but comprehensible by the whole world)

🔧 HOW MUCH ?

🏃 2 Steps


 **1 Action**

✓ **4XP**

 **Need 3 Tools**

 **Need 8 Ingredients (1#Optional)**

 **245 Calories (About) For One Pizza = 82 Calories**

 **Dosage (Weight) (About) : (3 Pizzas - 830g) 1 Pizza = 277g**

 **How many people : 3 Pizzas - 3-5 Persons (Main meal)**

 **Preparation Time : 35 Minutes Minimum - 2 Hours Maximum**

 **7 Senses**

 **3 Intelligences**

 **WHO ?**

 **Cook by Carmen !!**

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 **The description may no longer be up to date.**

Due to human discoveries and improvements.

Pay attention to the date of publication and creation.

Even works of art suffer the outrages of time

? WHY ?

Learn how to cook a Tomato Sauce For Pizza

📍 WHERE ?

Pontault Combault (🇫🇷 France)

🕒 WHEN ?

29 September 2017

🕒 **Duration :** 2 Hours Minimum (Not advisor) ~ 24 Hours Maximum

⚠️ The duration depends on the performance and tools used by the author.
That is why this is indicated from the minimum to the maximum

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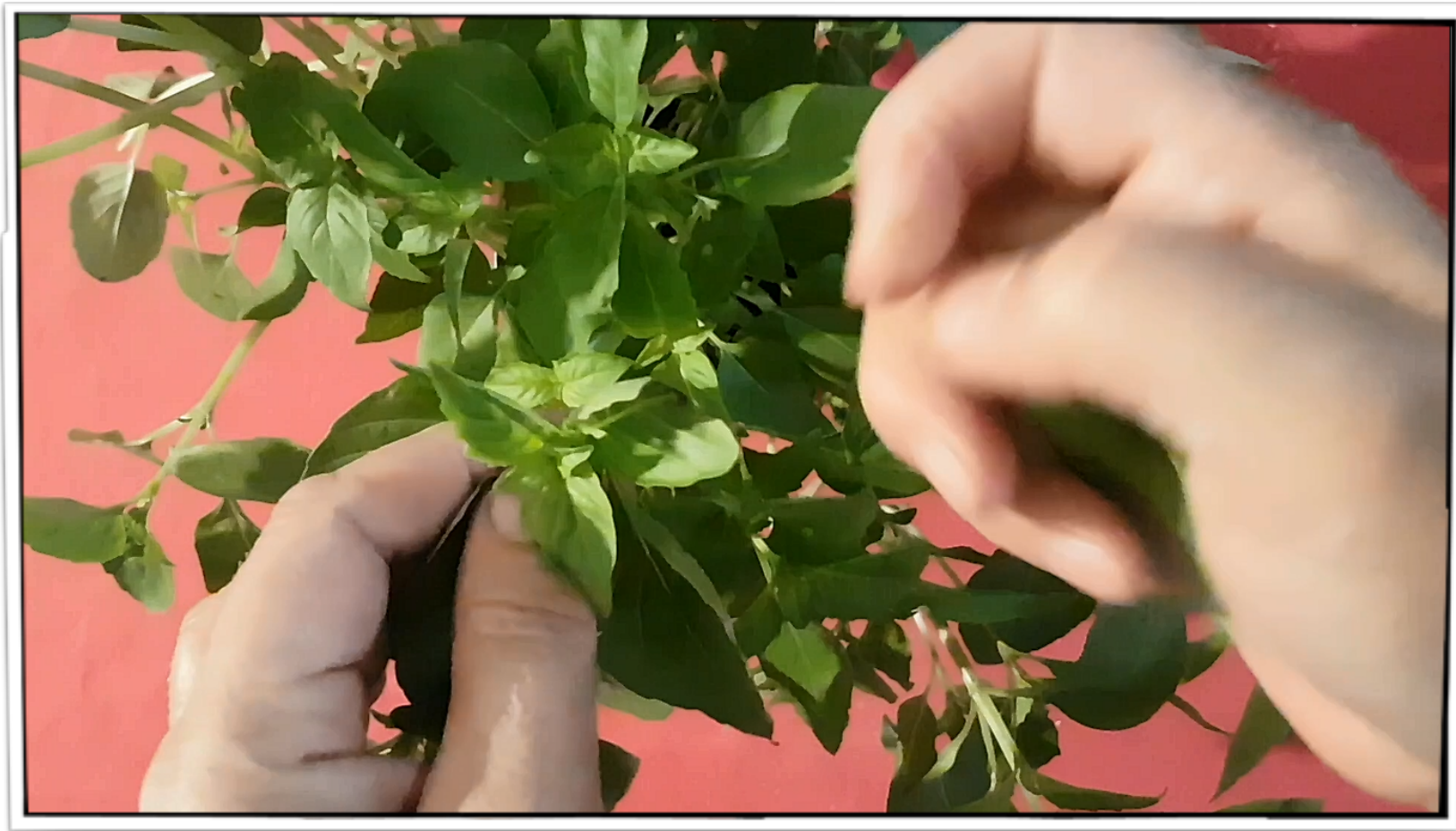
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💌 **Contact :** emaginationcontact@gmail.com

💡 HOW ?

🔥 **ACTION ONE (4XP)** (Preparation and Cooking) : Preparation and cooking of the sauce

🏃 **Step 1 (1XP)**







STEP 1

- 1) Olive Oil (0,090L)**
- 2) Tomato Concentrate (4g) #Optional**
- 3) A Clove of Garlic**

 **Step 2 (3XP)** (You can use powdered garlic and basil dry) (Stir the sauce regularly)



